



Cwm Taf Morgannwg
Bwrdd Partneriaeth Rhanbarthol | Regional Partnership Board

MENTAL HEALTH AND WELLBEING PRIORITY AREAS:

Creating a System That Works

Delivering an improved 'whole system' approach to mental health support.

We want to bring together people with lived experiences and professionals to develop an approach that will improve the mental health system as a whole, rather than isolated areas.

Through this work, we hope to:

- Better understand the current scope and need of mental health support, from preventative to specialist.
- Upskill staff/professionals across the region so they can (appropriately) support people to achieve good mental health and well-being.
- Improve specialist support for those experiencing mental health issues.



WHAT IS IMPORTANT TO PEOPLE WITH MENTAL HEALTH ISSUES?

People with mental health issues would like to see services working together to meet a person's needs, from pre-diagnosis to post diagnosis.

By services working together and signposting effectively to meet the needs of the whole person, systemic attitudes can be changed to look beyond diagnosis or referral criteria, and develop an understanding of situational circumstances that will help to identify root issues that have led to or exasperated a range of mental health and substance misuse issues.

WHAT WE WILL DO TOGETHER:

- Work with the 'Together For Mental Health Board' to support their planning and delivery.

WHAT DIFFERENCE WILL THIS MAKE?

- Better awareness of the need for support across the system.
- Families are supported while they wait for a diagnosis.
- Reduced waiting times for neurodivergence diagnosis.



PEOPLE SAID

"I can't fall down the cracks if they're not there."